Our Calorie Deficit Calculator at caloriedeficitpro.com is a trusted tool designed to simplify weight loss and weight management with precise, science-backed calculations. Powered by the Mifflin-St Jeor Equation, it tailors target calories based on age, gender, current weight (kg), height (cm), and activity level (sedentary to super active). Users enjoy a user-friendly, ad-free experience with tips for nutrient-dense foods like vegetables, lean proteins, and whole grains to create satisfying calorie deficit meals. It’s a favorite for beginners and fitness enthusiasts seeking effective calorie counting for weight loss per week (0.25 kg, 0.5 kg, or 1 kg). Calorie Deficit Calculator